

THE ROBINS

PROUDLY SERVING THE COMMUNITY SINCE 1954

REV-UP

Robins Air Force Base, Ga.

January 13, 2006 Vol. 51 No. 2

THE MACH READ

Extended hours for
Common Access Card
renewals

From Jan. 9 through March 30, the Military Personnel Flight Customer Service Section will extend their duty hours from 6 a.m. to 8 p.m. to meet the increased demands of the Common Access Cards (CAC) re-issuance process.

To help alleviate lengthy wait times, customers are asked to make an appointment by calling 327-7361 and selecting option 1 and then option 2. Appointments can also be made by sending an email to the "78MSS/DPMPs Customer Service" address located in the Robins address book. Customers are asked to include the expiration date of their current card in the email. CACs can also be issued the 116th Air National Guard, located in Building 155, and at the 622nd Mission Support Flight, located in Building 222. Customer Service is also accepting appointments for the following Saturdays:

- Jan. 28, 9 a.m. to 3 p.m.
- Feb. 25, 9 a.m. to 1 p.m.
- March 25, 9 a.m. to 1 p.m.

Additionally, customers are not required to come to the MPF to reset their CAC PIN. The location of PIN reset stations can be found at web sites: https://www.mil.robins.af.mil/irmt/CTA_Listing/Wing%20CTAs%2026%20Oct%202005.xls, and https://www.mil.robins.af.mil/irmt/CA_C_page_1.htm.

CAC pins can also be reset at the 116th ANG and 622nd MSF locations.

For more information, call Master Sgt. Matt Ogle or Senior Master Sgt. Oakley Coleman at 327-7356.

MPF Hours

The MPF will be closed for a records audit Jan. 20 and 27.

MPF hours of operation: 8 a.m. to 3 p.m. daily except for Customer Service (I.D. Cards), which will be open from 6 a.m. to 8 p.m.

Walk-in hours are from 10 a.m. to 2 p.m. daily for all sections other than Customer Service. All other hours are by appointment only.

For more information, call Senior Master Sgt. Oakley Coleman at 327-7356.

Goal day metrics

May 30, 2006, is the next date targeted for a goal day. To earn the day off, the following goals must be achieved:

DUIs as of Dec. 29
50% reduction from fiscal 04

1	2	3	4	5	6	7
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- Maximum DUIs before losing goal day, 6
- Current DUIs obtained, 4

Training attendance as of Dec. 29
90% attendance of training



Aircraft production as of Dec. 29
95% aircraft due date performance rate



Lost work day injuries as of Dec. 29
50% reduction from fiscal 04

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----

- Maximum lost work days due to injury before losing goal day, 16
- Current days lost, 1

Foreign Object Damage as of Dec. 29
50% reduction from fiscal 04

1	2	3	4	5	6
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- Maximum FOD incidents before losing goal day, 4
- Current days lost, 0

Green means goal day is being met or exceeded.

Yellow means goal has not been met, but is still attainable.

Red means goal cannot be met.



U.S. Air Force photo by SUE SAPP

Johnny Cochran of RCA Contruction replaces a door at the Officers' Club Monday.

Officers' Club kitchen renovations begin Tuesday

By LANORRIS ASKEW
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Robins' clubs are changing with the times and a new kitchen renovation project at the Officers' Club is starting off the changes with a bang.

According to John Filler, 78th Services Division chief of business operations, beginning Tuesday and continuing through March 1, the club will close to undergo an extensive renovation to make for a safer, more sanitary environment and better equipped kitchen.

"Most of the work will be transparent to the customer because 90 percent of the renovation will be accomplished in the back of the house," he said.

"I am very pleased and eagerly look forward to the completion of this project because it will allow us to do a better job preparing meals for our customers in

a safer and more sanitary facility. This investment in the club will benefit our members and community for years to come."

Mr. Filler said the kitchen renovation is being accomplished to remedy issues that were identified during the Focused Augmentation Risk Reduction inspection last year and is funded with a combination of appropriated and nonappropriated funds.

Beginning Tuesday and continuing through Feb. 1, the facility will be completely closed while the contractors repair walls throughout the club. From Feb. 1 to March 1 the 49,000 square feet kitchen will shut down for repairs and the facility will only accommodate limited pre-booked special functions.

"For those pre-booked functions we'll prepare the food for the events in another Services Division kitchen and

take the food to the club," said Mr. Filler. "We have plenty of experience preparing food at one location and catering to another location. A prime example is our successful track record of catering events at the Museum of Aviation," he added that during this project closure, all of the o'club's programs, services and food operations will be moved to the Enlisted Club.

Linda Hinkle, Services Marketing director, said customers needn't worry during the change over.



John Filler is 78th Services Division chief of business operations.

► see CLUB, 2A

Primer
makes
work safer
for F-15
painters

By LANORRIS ASKEW
lanorris.askew@robins.af.mil

The Air Force is continuing its march toward environmentally-friendly mission execution, and a teaming effort with several entities has Robins along for the trip.

According to 330th Fighter Sustainment Group leadership, a partnership with the University of Missouri-Rolla; Air Force Research Lab, Wright-Patterson Air Force Base, Ohio; Boeing-St. Louis and Deft Industrial Finishes led to new materials for stripping and painting F-15s.

The new non-chromate materials – corrosion inhibiting primers – perform as well as chromate primers, while being safer for the environment and those who work with them.

According to John Stephens, 330th FSG aerospace structures engineer, although chromium primers are effective, there was a drawback.

"It has been one of the best ways to help prevent corrosion on structural components for many years," he said. "However, hexavalent chromium, which makes up the chromate compounds, is a known carcinogen."

Carcinogens cause cancer, and because of the dangers of overexposure to those materials, the Occupational Safety and Health Administration and the Environmental Protection Agency recommended they be replaced with non-toxic compounds.

► see PRIMER, 2A



U.S. Air Force photo by SUE SAPP

Col. Greg Patterson speaks with Col. Theresa C. Carter during the Change of Command ceremony Thursday.

Carter takes command of 78th ABW

Col. Theresa Carter took command of the 78th Air Base Wing from Col. Greg Patterson during a change of command ceremony in the Museum of Aviation's Century of Flight hangar Thursday.

Colonel Carter has served the wing as the vice command-

WHAT TO KNOW

See next week's Rev-Up for an in-depth interview with Colonel Carter.

er since June.

Colonel Patterson has served as the 78th ABW com-

mander since July 2004. Col. Patterson leaves Robins to become the director of personnel for the Air Education and Training Command at Randolph Air Force Base Texas.

– From staff reports

Center Test Authority ensures
aircraft have what it takes to
keep mission flying

By HOLLY L. BIRCHFIELD
holly.birchfield@robins.af.mil

WHAT TO KNOW

When it comes to guidance on the test and evaluation of aircraft modifications, the Center Test Authority is the place program managers look for answers.

The CTA, which serves as part of the Engineering Directorate here, provides expertise in aircraft test and eval-



uation of radios, environmental systems and other components to ensure aircraft, such as the C-5, C-130 and F-15, have what it takes to get the mission off the ground.

First Lieutenant Ryan Davidson, CTA lead C-5 flight test engineer, said the CTA helps leaders and people in the aircraft sustainment business here make the right decisions about aircraft modifications.

"The Center Test Authority was established in its current form at the ALC (air logistics

The Center Test Authority is available to help plan and find test resources for anyone at the Center who has potential requirements. For more information, contact the CTA at 222-2960 or e-mail Jennifer Keister at jennifer.keister@robins.af.mil.

center) in late 2004 to provide test and evaluation expertise to the sustainment wings," he said. "We're the single face to the program manager for test program assistance and to the Center leadership for test and evaluation policy and procedures."

Lieutenant Davidson said CTA professionals help program managers decide if modifications are appropriate for the aircraft they maintain.

"When modifications come out and changes need to be made, we test them to make sure they're airworthy, as far as aircraft go, and that they work right."

► see CTA, 2A

THINK SAFETY

AIRMEN AGAINST DRUNK DRIVING

To request a ride, call 335-5218, 335-5238 or 335-5236.

SLOW DOWN ► 41 speeding tickets have been issued to date.

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

WEATHER FORECAST

Courtesy of 78th OSS/OSW

TODAY
71/54



SATURDAY
58/36



SUNDAY
60/30





Courtesy photos
Members of the CTA and the 339th FLTS test the pressurization capability of an observation window on the C-5, a warfighter request for better aft visibility.

CLUB

Continued from 1A

“During the interim of kitchen renovation customers will receive the same high quality that they expect at the Robins Officer’s Club to include Sunday champagne brunch, lunch and tempting dinner and dessert specials at the Enlisted Club.”

The \$220,000 project will remedy health and safety issues, electrical system and plumbing repairs, wall upgrades and a better equipped kitchen.

“We want to get this project behind us and move on to bigger and better things,” said Mr. Filler.

“When customers return, I insure you we will deliver improved hospitality services—these repairs have been made for the right reasons and will allow us to better serve our valued members.”



Linda Hinkle is 78th Services Division marketing director.

PRIMER

Continued from 1A

Although the mission was clear, the first step to accomplishing it was to find the appropriate primer coat for the F-15 strip and paint process.

Mr. Stephens said study and testing of various non-chromate primers took place for several years at various “high corrosion” sites like Tyndall Air Force Base, Fla.

The tests – which looked at all aspects of the painting process from cleaning, priming, painting and stripping – resulted in a new non-chromate primer developed by Deft Corporation which passed all requirements.

Billy Trussell, F-15 Engineering structures branch chief, said the process made its debut here in February 2005 when the Center tested the new primer on an F-15 C model from the St. Louis, Mo., Air National Guard.

A second aircraft came in July and was stripped and painted for a bioenvironmental survey. That survey determined if workers could stop using their air supply hoods and use half-face masks with filters.

“The biggest plus is that this new primer eliminates toxic waste,” said Mr. Trussell. “It’s easier on the workers because there’s no longer a need for heavy equipment.”

The test was a success, and

CTA

Continued from 1A

In addition to Robins, there are CTAs that serve aircraft test and evaluation functions at the Electronics Systems Center at Hanscom Air Force Base, Mass.; the Aeronautical Systems Center at Wright Patterson Air Force Base, Ohio; Ogden Air Logistics Center, Utah; and the Oklahoma City Air Logistics Center, Okla.

The CTA saves the Air Force thousands of dollars in test evaluation procedure costs.

“The CTA at Robins can do a test for a fraction of the cost it takes at Eglin (Fla.) or Edwards (Calif.), typically because of the different types of tests we do,” he said.

Maj. Dale Wright, CTA chief here, said his team is on hand to make the modification process run more smoothly.

“We provide support and a deeper insight into the business of tests,” he said. “Whether it’s



Members of the CTA test a new Forest Service fire fighting system on the C-130.

actual testing or overseeing the rules and policies of testing, we’re here to guide the program managers in the way of test and evaluation. We play a dual role.”

Maj. Will Reigelsperger, Center test representative (Test Rep) from the 412th Operations Group at Edwards Air Force Base, Calif., is embedded with the CTA here as a liaison

between the Air Force Flight Test Center at Edwards and Robins.

“I provide my expertise and feedback to the test and evaluation community at the ALC,” he said. “I review test plans and new policies as they relate, and work with the different system program offices on the latest policies and capabilities in the test and evaluation realm.”



Courtesy Photo

Pictured is the first F-15 fighter to be painted using the newly developed primer. This aircraft is assigned to the Missouri Air National Guard and was painted at Warner Robins Air Logistics Center.

WHAT TO KNOW

The following services will be provided for customers and members at the enlisted club:

►Dining services: lunch Monday through Friday 11 a.m. to 1:30 p.m., lunch buffet and JR Rockers casual menu.

Full service evening dining Friday and Saturday 5:30 to 9 p.m.

JR Rockers casual menu Sunday through Thursday 5 to 8 p.m., Friday and Saturday 5 to 9 p.m. and Sunday champagne brunch every Sunday 10 a.m. to 1 p.m.

►Lounge services: JR Rockers sports lounge Sunday 11 a.m. to 10 p.m., Monday through Thursday 4 to 11 p.m.; Friday 3 to 11:30 p.m., Saturday 5 p.m. to 11:30 p.m. and WELLston open every Friday 4 to 10 p.m.

►Catering service: contact Pam Swartzlander at 923-5582 or 9264515 for catering and membership, administrative and cashier service, Monday through Friday 10 a.m. to 5 p.m.

For more information call the officers’ club at 926-2670 or enlisted club at 926-4515.

Everyone wants their two cents’ worth

By **CHRISSE ZDRAKAS**
chris.zdrakas@robins.af.mil

once-cent stamps, depleting the center’s supply.

Allen Fishbeck, contract postmaster for the contract postal service unit at Robins, said his order for an additional 11,000 (6,000 two-cent and 5,000 one-cent stamps), had arrived, and as of Wednesday, all but 1,000 of the two-cent stamps had been sold. He placed an emergency order for 8,000 more.

One- and two-cent stamps have been selling like hotcakes at Robins Air Force Base’s postal center in Building 910 since postage for the first ounce of first-class mail rose to 39 cents Sunday.

The day and a half before the increase took effect, the center sold 8,000 two-cent and 3,000

WHAT TO KNOW

Full F-15 conversion to the new primer will be accomplished as the aircraft are processed through the six year PDM cycle here. So far 36 aircraft have been painted using the new primer.

product on all Program Depot Maintenance aircraft in September.

Service scheduled to honor Dr. King

The annual service honoring the Rev. Dr. Martin Luther King Jr. will be held Sunday at 11 a.m. in the base chapel.

The speaker will be retired Air Force Col. Tommy T. Thomas, who ended his 27-year

active-duty career in October 2004. Colonel Thomas’ theme will be “Building the Fire of Democracy.”

The program will include scripture readings, hymns of praise and remarks by base offi-

cials. Refreshments will follow in the chapel annex after the service.

This year marks the 20th anniversary of the federal holiday that marks the birth of Dr. King on Jan. 15, 1929.



Dr. Martin Luther King Jr.

Last salute



Colonel Patterson named honorary chief

Chief master sergeants from the 78th Air Base Wing, Air Force Reserve Command and associate units named Col. Greg Patterson, outgoing installation commander, an honorary chief master sergeant Jan. 5 during a Last Salute ceremony at the Noncommissioned Officers Academy.

“Colonel Patterson is clearly one of the finest senior leaders in our Air Force,” said Chief Master Sgt. Kevin Hamilton, 19th Air Refueling Group superintendent and president of the Robins Chief Group.

“His two years of dedicated



leadership at Robins were highlighted by overwhelming support to the enlisted corps,” he added. “The deep respect and sincere affection he receives from the enlisted ranks indicates his superior qualities of leadership, integrity, excellence and personal involvement – he has always kept enlisted issues a top priority.”

The enlisted force has two ways to honor a commander whom they hold in high regard – induction into the Order of the Sword, a major command-level ceremony; or by making them an honorary chief.

Usually the formal procedure is held during the annual chief induction ceremony or during a separate special function but the opportunity during the Last Salute ceremony gave the chiefs a chance to show the base community that the enlisted men and women here hold Colonel Patterson in high regard.

“Making a commander an honorary chief is not an everyday occurrence in the wing,” said Chief Hamilton. “I’ve been a part of the wing for four years and this is the first honorary induction ceremony I’ve seen Team Robins perform.”

U.S. Air Force photo by SUE SAPP

Above: Col. Greg Patterson is congratulated by a gauntlet of chiefs after being made an honorary Chief by the Robins Chiefs Group at a ceremony Jan. 5 at the NCO Academy.

Left: Colonel Patterson receives a Chief’s bust plaque from Chief Master Sgt. Kevin Hamilton.

Conducting the formal procedure at the Last Salute ceremony allowed both the base community and the enlisted ranks to participate in something normally only chiefs would observe.

“By reading the Chief’s Charge to the wing we hope to make both the enlisted and officer corps aware of what becoming a chief really means,” said Chief Hamilton.

The NCO Academy also presented a \$100 check to the Family Support Center in honor of Colonel Patterson.

– From staff reports

► IN BRIEF

TUSKEGEE AIRMEN ACCEPT SCHOLARSHIP APPLICATIONS

The Maj. Gen. Joseph A. McNeil Chapter of Tuskegee Airmen Inc. is accepting applications for scholarships to deserving young men and women. Numerous Tuskegee Airmen Scholarships of \$1,500 will be awarded nationally by local chapters.

One Pratt & Whitney Golden Eagle Award is designated to be awarded to a financially disad-

vantaged, deserving young man or woman who can demonstrate a sincere pursuit of education leading to aviation, aerospace, engineering and technology careers. The Golden Eagle Award will be issued in four yearly increments of \$5,000.

Interested individuals should contact Walter J. Randall Jr., chapter Scholarship committee chair, at (478) 335-2578 for additional information about where to pick up an application.

Completed packages must be postmarked no later than Feb. 11.

“At Kirkuk, Balad, Ali, Bagram, Ramstein and Spangdahlem Air Bases, I met face to face with thousands more of the Air Force’s finest, and at every stop I heard similarly remarkable stories of how our innovative and creative Airmen applied imaginative solutions to everyday processes and combat challenges.”
Secretary of the Air Force Michael W. Wynn, regarding his holiday visits with deployed Airmen

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GUIDELINES

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DELIVERY

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ADVERTISING

For advertising information, call The Telegraph advertising department at (478) 923-6432.

CLASSIFIEDS

To place a classified ad, call The Telegraph at (478) 744-4234.

ONLINE

To read articles online, visit www.robins.af.mil/pa/revup-online/index.htm.

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Operation Iraqi Freedom



U.S. Air Force photo by ARMY STAFF SGT. KEVIN L. MOSES SR.

SHAKARIA, Iraq (AFPN) — Capt. Joshua Tyler secures an improvised explosive device. The IED was found along a road during a search of the area near a village here. The inspection was part of the search-and-sweep operations by Soldiers from Bravo Company, 2nd Battalion of the 502nd Infantry Regiment. Captain Tyler is with the 447th Expeditionary Civil Engineer Squadron explosive ordnance disposal flight.

Responsibility in all we do

Commanding and directing a flight, squadron, group or wing of Airmen and civilians is one of the greatest and most important responsibilities in the U.S. Air Force. The responsibility of a leader to ensure their people do the right things is one of the most difficult tasks to accomplish.

“We have a responsibility to ourselves, the Air Force, and our nation to maintain a team of unquestionable character,” wrote Gen John P. Jumper in “Character – The Courage to Do the Right Thing.” Leaders have the responsibility to set the standards for their people, to “walk the talk.” Each one of us who leads, whether knowingly or not, leads by example.

Both on and off duty we must consider if the actions we take are ones that we would want our people to observe and copy. This is part of the Air Force core value of integrity first. Sometimes knowing what is the “right thing” is difficult; unfortunately not all of the issues we face are cut and dry, but nevertheless, we have the responsibility to make the right decisions, based on our experience, training, moral values and the accomplishment of the mission.

As leaders we also have the responsibility to ensure that our people do the right things to take care of themselves and their families. While service before self is a key core value, our decisions must also balance with the core value of excellence in all we do. “All we do” includes allowing our members time to solve personal and family problems, take leave and re-energize, and to develop both personally and professionally. Service in spite of self is not the objective. Fostering our people to develop the attitude and desire to accomplish the mission safely and with professional enthusiasm is part of our responsibilities as

leaders. Our people are driven to often put the mission before themselves. Sometimes they may need guidance to take care of themselves.

But what if you are not an Air Force leader? You also have responsibilities. Of course, you have the responsibility to put in a full day’s work for a full day’s pay and to perform your job to the best of your ability, but you have other responsibilities as an Air Force military or civilian member. Each of you has personal responsibilities, not only because of Air Force core values, but as individuals and citizens of the United States, to do the “right thing.” The “right thing” may require courage and action on your part. The courage and motivation to stop an unsafe action, the courage to elevate issues to the next level of authority that could result in injuries or damage to Air Force property if left unchallenged by the first level of supervision. Each of you has the responsibility to not have “one more drink for the road” after dinner, to know your limits to get you and your family home safely after an evening out, to have the courage to switch to a soft drink or tea, when you know you shouldn’t drink any more alcohol. You also have the responsibility to let your supervisor know immediately when you have a conflict which prevents you from attending scheduled training so that another individual can be selected to be trained, preventing some of our tax dollars from going to waste and to benefit the development of another employee. You have the responsibility to report unsafe conditions, both in your work area and anywhere on the base, to take action to prevent the injury of a fellow Airman (military or civilian). When you drive on the base and the speed limit is 20 miles per hour, do you look to see if there is a security police car nearby, before you set your

speed, or do you automatically adjust your speed to 20 miles per hour? That is a small example of integrity first, doing what’s right because you know it’s the right thing to do, not because you fear the consequences.

Each one of us, whether in a leadership role or not, has a responsibility in the wingman culture. That culture is built on the premise that supporting each other through difficult times helps the Air Force perform its overall mission. In that culture we can see how the stress in a person’s life relates to his or her functioning. No one, from the chief of staff of the Air Force to the maintenance mechanic on the flight line, does not go through one or more periods of severe stress. That stress can come in the form of the death or severe illness in the family, financial stress, divorce, job change or other emotional event. And different people react to stress differently. In the wingman culture we must recognize when the stress of life or job is adversely affecting the functioning of a fellow Air Force Airman. Then we have the responsibility to take action, such as encouraging the individual to seek help, moral support or notifying their supervisor.

Responsibility is a key part of the Air Force core values and the wingman culture. It is a personal responsibility that every airman, military or civilian, has to keep themselves, and their fellow airman safe, and to accomplish the mission. Leadership has the additional responsibility of fostering a culture which incorporates the Air Force core values and wingman concept in a balanced way, so that our Airman can enjoy a satisfying personal life, a safe and rewarding job, and accomplish the mission.

– *This commentary was written by John Richards, deputy, 542nd Armament Sustainment Group.*

‘Dear Roz’

Q: Would you please provide information on the issues, policies, etc., that will not change with the National Security Personnel System?

A: Yes – First the current merit systems principles and prohibited personnel practices as follows will not change with the implementation of NSPS:

The Merit Systems Principles – There are nine: 1) Recruit, select, and advance on merit after fair and open competition; 2) Treat employees and applicants fairly and equitably; 3) Provide equal pay for equal work and reward excellent performance; 4) Maintain high standards of integrity, conduct, and concern for the public interest; 5) Manage employees efficiently and effectively; 6) Retain or separate employees on the basis of their performance; 7) Educate and train employees as it will result in better organizational individual performance; 8) Protect employees from improper political influence; and 9) Protect employees against reprisal for the lawful disclosure of information in “whistle-blower” situation.

Prohibited personnel practices – There are twelve: 1) Illegally discriminate for or against any employee or applicant; 2) Solicit or consider improper employment recommendations; 3) Coerce an employee’s political activity; 4) Obstruct a person’s right to compete for employment; 5) Influence any person to withdraw from competition for a position; 6) Give

unauthorized preference or improper advantage; 7) Employ or promote a relative; 8) Retaliate against a whistleblower, whether an employee or applicant; 9) Retaliate against employees or applicants for filing an appeal; 10) Unlawfully discriminate for off duty conduct; 11) Violate any law, rule, or regulation which implements or directly concerns the merit principles; and 12) Knowingly violate veterans’ preference requirements.

Second – other areas that will not change are veterans preference, anti-discrimination laws (EEO), fundamental due process, whistleblower protections, allowances and travel/subsistence expenses (per diem), training, and benefits (which includes health and life insurance, leave and work schedules, etc.)

In regard to the retirement portion of benefits – the eligibility requirements for retirement, both CSRS and FERS, which are a combination of age and creditable years of service, are unchanged. The formula for computing a retirement annuity which is currently computed based on an employees’ consecutive high three average salary and years and months of creditable service is unchanged. The only difference will be when an employee requests an estimate and he or she is at least a year or more away from actually retiring. The retirement annuity estimate will still be available. However, the estimates may not be as accurate as the current estimates based on the current GS, FWS classification system which will be changing to career groups, pay

schedules and pay bands. Each pay band will have a salary range which differs from today’s structured pay scale. Also, the NSPS classification architecture does not include within-grade increases (WGI’s) and therefore, these salary increase projections will not be a factor when computing a retirement annuity estimate. Upon implementation of NSPS, employees’ pay compensation will be based on pay-for-performance.

Please visit the WRALC/NSPS Community of Practice (CoP) site located on the Robins Homepage and click on the NSPS Logo to view the above information in greater detail and also to receive the latest information on NSPS. In addition, if your organization has not received the NSPS Overview, please call Roz Overton, WRALC/CCN, at 926-4023 to schedule a date and time for the overview.

Rosalind ‘Roz’ Overton, NSPS transition assistant, will address employees’ NSPS concerns in the Robins Rev-Up each week. For more information, call Ms. Overton at 926-4023 or visit the NSPS link at www.robins.af.mil.



Col. Theresa Carter
78th Air Base Wing commander

Commander’s
Action Line

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible:

- Security Forces 327-3445;
- Services Division 926-5491;
- EEO Office 926-2131;
- MEO 926-6608;
- Employee Relations 926-5802;
- Military Pay 926-3777;
- IDEA 926-2536;
- Base hospital 327-7850;
- Civil engineering 926-5657;
- Public Affairs 926-2137;
- Safety Office 926-6271;
- Fraud, Waste and Abuse hotline 926-2393;
- Housing Office 926-3776.

This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 or for the quickest response, e-mail one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account, use action.line@robins.af.mil. Readers can also visit <https://www.mil.robins.af.mil/action-line.htm>. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up. Anonymous action lines will not be processed.

Use of cell phones on base

Ma’am, now that the Code of Federal Regulations (CFR) has been amended to address cell phone usage on federal installations, when will Robins start publicizing and enforcing the new rules?

CFR 634.25 states that drivers are prohibited from using cell phones while driving unless they are using a hands-free device. Cell phones are a proven danger to drivers and others who happen to get in the way of a person who is driving and distracted by a cell phone. Banning the use of cells while driving is long overdue and should be implemented before someone is killed or critically injured by someone whose “call” is more important than safe driving.

During my 20-plus years of Air Force active duty we survived without having cell phones, so if I have misinterpreted the CFR, I still believe the use of cell phones should still be banned while driving.

Colonel Carter’s Response

You are correct that the CFR has recently been amended, but at this time, it only applies to Army bases. Some Air Force bases have already acted to restrict cell phone usage and the Air Force Safety Center is drafting Air Force policy on the subject as well. We are staffing changes now, will bounce them against the new Air Force policy which should be out soon and will advise base personnel through articles in the Rev-Up and other means once we have developed our game plan.

In the meantime, even if not covered in our base instructions, talking on cell phones has contributed to numerous accidents, and I highly recommend people refrain from talking on their cell phones while driving.

Thanks again.

Airman shares his expertise to help others get healthier

By **HOLLY L. BIRCHFIELD**
holly.birchfield@robins.af.mil

Editor’s Note: The Robins Rev-Up will periodically bring readers articles on nutrition, fitness and other health-related items to help them on their way to living a healthier and more fit lifestyle in 2006.

If you’re looking to get healthier in 2006, Tech. Sgt. Vernon Beckstrom may be able to help.

Sergeant Beckstrom, a 78th Logistics Readiness Squadron air transportation specialist, earned his certification as a strength and conditioning specialist through the National Strength and Conditioning Association in 2004, and has been helping others achieve their fitness goals ever since.

“I have a sincere desire to help educate people,” the 40-year-old Florida native said. “I want people to know more about fitness and nutrition so they can make educated decisions about the things they buy and do to achieve their goals.”

Sergeant Beckstrom, who served as a fitness assessment monitor for seven years at Kirtland Air Force Base, N.M., and who is currently serving as a physical training leader for 66 Airmen in his unit here, said through using his own experience and research provided by the NSCA and other reputable

WHAT TO KNOW

For more information on fitness and sports conditioning, contact Tech. Sgt. Vernon Beckstrom, a certified strength and conditioning specialist, who is certified through the National Strength and Conditioning Association, via e-mail at vernon.beckstrom@all-starperformance.org.

sources, he hopes to guide people toward success.

“People are bombarded by so many infomercials about different ways to lose weight through supplements and diets,” he said. “I want to help people to learn how they can change their worlds to reflect a healthy lifestyle.”

From tackling New Year’s resolutions realistically to talking about how people can create an exercise program that works for them, the avid health professional hopes to give people the tools it takes to get healthier this year.

Jamie Martin, Health and Wellness Center Fitness Program manager, said Sergeant Beckstrom’s knowledge will serve as a great asset to Robins.

“Sergeant Beckstrom is very passionate about the field of exercise science,” he said. “He is NSCA certified and attends conferences to maintain and



U.S. Air Force photo by **SUE SAPP**
Tech. Sgt. Vernon Beckstrom is a certified strength and conditioning specialist.

advance his knowledge in the career field.”

In addition to resolutions and healthier attitudes, Sergeant Beckstrom will address a vari-

ety of fitness-related topics in future issues of The Robins Rev-Up that will help the whole family get more fit in the year ahead.

► IN BRIEF

OSC HOLDS LUNCHEON

The Officers’ Spouses Club will hold its January OSC luncheon Jan. 19. The topic for this luncheon will be ways to stay fit and relaxed. The event, which will be held in the Enlisted Club ballroom due to renovations at the Officers’ Club, begins at 10:30 a.m. with lunch served at 11 a.m. Reservations are required and must be called in by noon Monday. For more information, call Carol Chew at 328-8097, or Shirley O’Neill at 923-3208.

TOP 3 ASSOCIATION MEETING SCHEDULED

Robins Top 3 Association will hold its next meeting for all senior noncommissioned officers Jan. 20 at 3:30 p.m. in the enlisted club bingo room.

FACILITY MANAGERS TRAINING HELD

Facility managers training will be held Tuesday and Thursday at 9 a.m. at the base theatre. This training is a mandatory, annual requirement for all facility managers. Facility managers are only required to attend one of the two days, and the training is approximately one-and a-half hours long.

OSC TAKES SCHOLARSHIP APPLICATIONS

Robins Officer Spouses’ Club scholarship applications are now available. Graduating seniors may pick up a packet from their high school coun-

selor, and Continuing Education students may pick up a packet from the Thrift Shop, Family Services, Continuing Education Office or the Officers’ Club. Completed packets must be turned in by March 15. For more information, call Kathy Percell, scholarship chairperson at 972-3354.

Eligibility Criteria – Each applicant must qualify in one of the following categories:

1. Be a dependent of any of the following members who are stationed at or assigned to Robins: Active duty (enlisted or officer), Air Force Reserve Command, Air National Guard, or Department of Defense employee whose spouse is eligible for OSC.

2. Be a dependent of any of the following deceased members who were stationed at or assigned to Robins at the time of death and that dependent has remained in the Robins area: Active duty (enlisted or officer), AFRC, ANG, DOD employee whose spouse is eligible for OSC.

3. Be a dependent of any of the following members serving an unaccompanied tour whose last duty station was Robins, and the student has remained in the Robins area: Active duty (enlisted or officer), AFRC, ANG, or DOD employee whose spouse is eligible for OSC.

4. Be a dependent of any of the following retired members and the dependent has remained in the Robins area: Active duty (enlisted or officer), AFRC, ANG, DOD employee whose spouse is eligible for OSC.

nature & nurture

Spalding Nature Center offers both

By LANORRIS ASKEW
lanorris.askew@robins.af.mil

Twenty-six years ago a youth conservation group constructed a facility here that they hoped would both entertain and educate. Today that facility, known as the Spalding Nature Center, has become an Air Force oddity and Robins is proud of it.

“The nature center opened in 1979 and started out with just static displays of animals, and then it evolved to house live animals too,” said Sharon Batchelder. “Today ours is the only center in the Air Force which houses live animals and it’s a real treat for the Robins population.”

Mrs. Batchelder, Spalding Nature Center recreation aide, spends her days caring for the several dozen animals which call the facility home.

“You have to really have a love of animals to do this,” she said. “It’s not for the faint of heart because we do lose animals fairly regularly and the matter of clean up isn’t always pleasant.”

According to Mrs. Batchelder, the animals, which include Thumper the rabbit, Frederica the Columbian Red Tail Boa, Australian bearded lizards Edie and Menz and many more, are donated to the nature center for a variety of reasons.

“Sometimes it’s a permanent change of station move where the owners can’t take the animal with them or a family who has a new addition and can’t keep their pet,” she said.

Whatever the reason they’ve been adopted, the animals are all welcomed additions to the nature center and thousands of visitors each year prove it.

One of the main draws to the facility is the nature program run by Sharron Wilhelm, recreational assistant. This program offers tours to local schools, church groups and scout troops and is designed to give visitors valuable information about animals as well as stressing the responsibility of pet ownership.

“I teach the children how to identify poisonous and non poisonous snakes, introduce them to some of the native species found here that they might not be aware of and emphasize proper pet care,” she said. “A lot of kids aren’t educated on proper pet care so that’s very important to me. We also show a short film on endangered animals.”

Although the work is not always easy, the aides said it’s always rewarding.

“The nature center is a one of a kind in that it’s the only one in the Air Force, but it’s also the only facility around this area where kids can come and observe animals and have hands on time with them,” said Mrs. Wilhelm. “I’ve found that one of the common factors we see is kids’ love of animals.”

WHAT TO KNOW

The Spalding Nature Center is located on the southeastern border of the base in Building 1305, adjacent to Luna Lake and the family campgrounds. The center is open Wednesdays through Saturdays from 10 a.m. - 2 p.m. For more information or to schedule a group tour, contact Sharron Wilhelm at 926-4001.

Mrs. Batchelder agreed. “If your child has a little bit of a fear of animals this is a great place to bring them because the animals are in cages and we have a monthly event where they can come out and meet and pet the animals,” she said. “We’re trying to come up with more ideas where the kids can interact with the animals.”

Whether it’s a ferret, cockatoo or guinea pig the animals offers a unique and memorable learning experience for those who visit the center.

“We’ve had teenagers come back to visit who remember their nature programs visits when they were at Robins Elementary,” said Mrs. Batchelder. “It’s a unique facility.”

The nature center is open Wednesdays through Saturdays from 10 a.m. to 2 p.m.

Although Luna Lake has been drained there is still a lot to do and see at and around the family campground.

“We still have all of these facilities that bring people in for activities,” said Mrs. Batchelder.

“There’s Luna Lodge, Water’s Edge Pavilion and Oscar’s Amphitheater.

People like to come out when the weather’s nice to walk around.”

Oscar’s Amphitheater, a relatively new addition may be rented for weddings, retirement ceremonies and other events. It is also used as part of the nature program and for hunter safety classes.

“This addition was a long-time dream of mine because the area is so beautiful,” said Mrs. Wilhelm. “Before its construction we had to hold much of the nature program inside the nature center or on the deck, now we have a place especially for it.”

With something for everyone the nature center has become something of a retreat for some.

“Even though we’re on base and close to the action we’re far enough away to where it’s a relaxing getaway so it’s a great place for everyone to come—not just for the children,” said Mrs. Batchelder.

The family campground office is open Mondays through Saturdays from 10 a.m. to 2 p.m.



U.S. Air Force photos by SUE SAPP

Above: Sharon Batchelder, recreation aide, holds Thumper, one of the rabbits at the center.



Above: Snowball is one of the guinea pigs at the Spalding Nature Center.



Below: Mrs. Batchelder picks up Edie, a bearded dragon.



TODAY

A prostate awareness walk will be held 11 a.m. with registration to be held at the Health and Wellness Center, Building 825. This walk is in partnership with the Health and Wellness Center. For more information call the fitness center at 926-2128.

SATURDAY

A scrap booking class will be held at noon in the Smith Community Center. This class group meets the second Saturday of each month. For more information call the community center at 926-2105.

SUNDAY

The officers' club Sunday brunch will not be served Jan. 15 in observance of the Martin Luther King Jr. holiday. Starting Jan. 22, brunch will be temporarily moved to the enlisted club, Building 956. For more information call the officers' club at 926-2670 or enlisted club at 926-4515.

Football Frenzy 2005 makes a touch-down at the Robins Enlisted Club at noon on Sundays. By participating, club members have an opportunity to win a trip to a pro or super bowl game. Call 926-4515 for complete details and contest rules.

MONDAY

Both Child Development Centers East and West will be closed in observance of the Martin Luther King Jr. holiday. For more information, call 926-5805 or 926-3080.

Private pilot ground school registration will be through Monday from 8 a.m. to 4:30 p.m. One hundred percent tuition is available for active duty military. Cost is \$575 and is due at the time of registration. Ground school is a 45-to 50-hour course, lasting approximately 10 weeks and scheduled on Mondays, Wednesdays and Fridays from 6 to 8 p.m. Register soon as classroom seating is limited. For more information, call 926-4867.

TUESDAY

Robins Youth Center soccer registration for 5 to 17 year olds will begin Jan. 17 from 9 a.m. to 6 p.m. Cost for returning players \$30. Cost for new players is \$55. Registration is conducted Monday through Friday, 3 to 6 p.m., and Saturday, 10 a.m. to 6 p.m., until full. For more information call the youth center at 926-2110.

Morning Out is available to provide quality care for children ages 19 months to 4 years old. Cost is \$60 per month per child and will be held on Tuesdays and Thursdays from 9 a.m. to noon with a discount during January and March. For more information call the Child Development Center at 926-5805.

UPCOMING

The Spalding Nature Center will have the following January events from 10 a.m. to 1:30 p.m.:
►Meet the animals Jan. 21
►National Geographic films Jan. 25
For more information call the nature center at 926-4500.

The Joint Forces Bingo will hold the following events in January:
►No bar bingo Jan. 16 in observance of the Martin Luther King Jr. holiday;
►Membership bar bingo Jan. 25 and special bingo night with door prizes and snacks Jan. 27.

Joint Forces Bingo is located in the east wing of the Robins Enlisted Club. The hours are Tuesday, Wednesday, Thursday and Friday with games starting at 7:15 p.m. Games are at 2:45 p.m. on Sundays. Enjoy bar bingo five nights a week at 6 p.m. Any one with an active duty, reserve, guard, retired, DoD or family member identification card is eligible to play. The entry fee is free to all Robins' club members, bona fide guests and active duty or retired widow club members and \$5 for eligible non-club members. For more information call the Enlisted Club at 926-4515 or Teresa Resta at 926-1303.

The Arts & Crafts Center will hold the following classes:
►Youth acrylic painting, Jan. 18 and 25, 4:30 to 6 p.m., \$5.
►Adults acrylic painting, Jan. 18 and 25, 6 to 8 p.m., \$10.
►Encaustic art, Jan. 17 and 24, 6 to 8 p.m., \$12.50.
►Basic matting and framing, Jan. 17 and 19, 6 to 9 p.m., \$12.50.
►Introduction to digital photography, starting Jan. 19 for six weeks from 6 to 8 p.m., \$65.
►Landscape in chalk pastel, Jan. 19

Check given in honor of Colonel Patterson

Chief Master Sgt. Orlando W. Justice presents Col. Greg Patterson with a check that will be given to the Family Support Center in Colonel Patterson's honor. The check presentation was made at the final salute ceremony held Jan. 5 for Colonel Patterson, whose last day as installation commander was Thursday.

U.S. Air Force photo by SUE SAPP



►The On Spot Café special for January is a BLT, fries and medium drink for \$3.50. For more information call the bowling center at 926-2112.

Robins Youth Center will conduct baseball, softball and T-ball registration for 5 to 17 year olds Feb. 15 from 9 a.m. to 6 p.m. Registration is conducted Monday through Friday, 3 to 6 p.m., and Saturday, 10 a.m. to 6 p.m., until full. For more information call Ron Hayes at 926-2110.

Tickets are available, for "Little Women the Musical" at the Fox Theater, Atlanta, at Information, Tickets and Travel for \$52. The production will be shown April 2 at 1 p.m. For more information, call ITT at 926-2945.

ONGOING

Applications are being accepted for spring soccer and baseball coaches. No experience is required, and training will be provided. Apply in person at the youth center or call Ron Hayes at 926-2110.

Pizza Depot is offering bread bowls of soup or half sub and bowl of soup Monday through Friday. Order a large pizza and get one order of bread sticks free on Sunday deliveries. For more information call Pizza Depot at 926-0188.

Pine Oaks Golf Course is currently offering the following specials. For more information call the golf course at 926-4103.

►Play all the golf you can or ride a golf car Mondays through Thursdays in January starting at 2 p.m. for \$5.
►Take advantage of the Monday through Thursday golf special in January. This special includes green fee and cart fee for \$20.
►Lunch time specials on the range are held Mondays through Thursdays from 11 a.m. to 1 p.m. Cost is \$5 for all the range balls you can hit plus free swing tips from the golf pro starting at noon.

►Take advantage of the Saturday and Sunday golf special in January at 1 p.m. The special includes green fee and golf cart for \$20.
►Purchase two hot dogs, a bag of chips, candy bar and soda for \$5 during the lunchtime special held Mondays through Thursdays in January.

►Wednesday is Ladies Day at Pine Oaks. Cost is \$15 for golf car and green fee. For more information, call the golf course at 926-4103.
►Now is the time to book your organization's golf outings and tournaments for 2006. For dates, times and great prices call the Pine Oaks Golf Course at 926-4103.

Ultimate Frisbee pick-up games are open to men and women of all skill levels. Bring cleats. For time and location call Ryan Stich at 222-4346.

Look for GO offers throughout 78th Services Division facilities now through Feb. 28. The GO program offers a variety of events, activities and discounts designed specifically for Robins' junior enlisted force. All E -1 through E - 4's and their immediate family members may take advantage of these programs. Identification card must be shown to receive special discounts and serves as entry to all special events. ID required. All E- 1 through E-4 are eligible to take advantage of the following January GO events:

►ITT Special – Receive a 10 percent discount on balloon bouquets and Disney

watches when you show your military ID Card.

►Free golf lesson – Receive one free 15 minute golf lesson with the new Pine Oaks Golf Course Pro, Clay Murray. Must show your military ID. Limit one lesson per person.

►Free stall rentals – Show your military ID and one hour of free stall rental per visit at the Auto Hobby Shop.

►Free shop fee – Receive one hour free shop fee per visit at the Wood Hobby Shop when you show your military ID.

►DITY Frame Special – Show your military ID and get one hour free shop time per visit for do-it-yourself framing. For more information call Services Marketing at 926-5492.

The Information, Tickets and Travel office is selling movie ticket vouchers for the Georgia Theater Company and Amstar. Georgia Theater tickets will be good at either the Galleria Mall or Parkway Cinemas for \$6 and the Amstar on Zebulon Road in Macon for \$5. For more information call the ITT office at 926-2945.

Tickets for CATS at the Fox Theater, Atlanta, are now available for \$55 (orchestra level) at Information, Tickets and Travel. Showtime is set for 2 p.m. Jan. 22. For more information, call ITT at 926-2945.

GO Orlando Cards are available at ITT. This card offers unlimited admission to more than 50 of Florida's top attractions plus savings on shopping and dining. Cost is \$90 adult/\$70 children for two-day pass; \$140 adult/\$115 children for three-day pass; \$195 adult/\$150 for five-day pass or \$250 adult/\$175 children for seven-day pass. For information call 926-2945.

Purchase a Wild Adventure Passport for \$60 (gate \$64.95); parking pass for \$22 (gate \$25) or a platinum pass for \$125 (gate \$129.95) includes parking, unlimited go-karts, sky-coaster ride, golf and discount on food. For more information call ITT at 926-2945.

The Oscar's Amphitheatre is now available for weddings, retirement parties, meetings and classes at the nature center. Cost for rental is \$15 with a \$25 refundable deposit. For reservations and information call 926-4001.

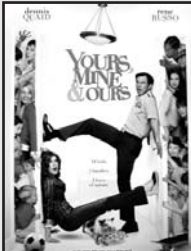
New hunters to the base need to have a Georgia safe hunting license and a base hunting permit. Call 926-4001 to sign-up for the base hunters safety course.

Information, Tickets and Travel carries character watches for \$18, mugs and other gift baskets for \$8.50 and up. For more information call ITT at 926-2945.

Subscribe to the Services Cutting Edge electronic newsletter by going to www.robins.af.mil/services and clicking on the subscribe icon at the top of the home page. From there, click on the Services newsletter link and complete the questionnaire. Subscribe to the overall Services newsletter and receive all information or to only those activities that are of interest to you – the choice is yours. For more information call Marketing at 925-5492.

To have an item listed, send it to Amanda Smith at amanda.smith@robins.af.mil by 4 p.m. Monday prior to the Friday of intended publication.

NOW PLAYING



Adult tickets are \$3.50; children 11 years old and younger tickets are \$2. Movies start at 7:30 p.m., unless noted. For more information, call the base theater at 926-2919.



FRIDAY

Just Friends

Ryan Reynolds, Amy Smart

Chris is a selfish, womanizing and successful music executive. Circumstances bring him back to his home town and fate reconnects him with the "just friends" girl of his dreams. Can one escape the clutches of the "friend zone?" Is it possible to go from "just friend" to boyfriend? Chris is about to find out the hard way. PG-13 (sexual content including some dialogue) 88 minutes.

SATURDAY

Yours, Mine and Ours

Dennis Quaid, Rene Russo
2 p.m.

A widow and widower fall in love and get married, but the resulting combined eighteen children make for a hair-raising situation under one roof. PG (mild crude humor) 90 minutes.

Aeon Flux

Charlize Theron,
Frances McDormand

In the 25th century, a rampaging virus has forced the remnants of humanity into the seclusion of a final city. There is a great political conflict within, however, and this is the story of an acrobatic assassin, Aeon Flux, whose latest target is the government's top leader. PG-13 (sequences of violence and sexual content) 93 minutes.

UPCOMING

Ice Harvest

John Cusack, Billy Bob Thornton

CHAPEL SERVICES

Catholic

Catholic masses are held at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and at a 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is Saturday from 4:30 to 5:15 p.m.

Islamic

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

Jewish

Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

Orthodox Christian

St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

Protestant

General services take place Sundays at 11 a.m. The service includes some traditional and contemporary worship styles in music and format. Protestant inspirational services take place Sundays at 8 a.m. Contemporary services take place 11 a.m. Sundays at the base theater. This service is informal and includes traditional and contemporary styles of music and worship.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

DONATE YOUR LEAVE

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Robins Rev-Up, wings should send information

to Amanda Smith at: amanda.smith@robins.af.mil. Submissions run for two weeks. Marchelle Glover, 402nd Maintenance Wing, has been approved as a leave recipient. Point of contact is Thelma Phillips, 402nd MXW, 222-3521.

Immersion Training gets work force ready for future success

By LANORRIS ASKEW
lanorris.askew@robins.af.mil

Robins’ first class of Purchasing and Supply Chain Management or PSCM Immersion Training graduates received their certificates of completion Dec. 14, ending a prototype course which Patty Martin called a great success.

According to Mrs. Martin, 542nd Materiel Sustainment Group director, the purpose of the training was to introduce to the PSCM work force new concepts that represent the best practices within industry and that will help improve the Warner Robins Air Logistics Center’s ability to deliver parts to the war fighter – “faster and cheaper.”

“The 25 students were hand-picked because we wanted them to serve as evaluators of the course material in addition to being students,” she said. “They were chosen based on their subject matter expertise and their experience in PSCM.”

For nine weeks the students were introduced to the tools to achieve the overarching objectives of PSCM transformation, which are to reduce cost by 20

percent and reduce flow days by 50 percent.

“The class was also intended to teach skills needed to employ the new concepts learned such as statistical analysis and problem solving,” said Mrs. Martin.

“These are tools they can use on the job and in life. The course is designed to improve their overall professionalization.”

J e a n n i e
Hyder, 542nd MSUG Support Equipment Commodity Council director and graduate, said the experience was rewarding.

“During the past nine weeks, we grew together,” she said. “Each person here today will take something very valuable back to the workplace...that will significantly impact the way we do business and provide support to our war fighters.”

Mrs. Martin agreed and said the Air Force investment of \$20

million across Air Force Materiel Command, which included hiring contractors to backfill positions while students were in training, was well worth it.

“It was a great success,” she said. “Not only did people learn the different concepts and the new processes we’re putting in place to reach our objectives, but they also learned the importance of embracing the vision and the responsibility they have to help make a difference and help create the changes that are needed among the work force. They are now change agents themselves.”

Four contractors from BearingPoint, Mercer Engineering Research Center, Raytheon and the Shenton Group served as instructors. Retired Air Force colonels who served as senior coaches also came in to share their experience.

“The end result is a more professional logistics work force equipped to do the new job that will be required in the 21st century,” said Mrs. Martin. “This was a prototype class, but now there will be others with classes of 75 until we train everyone.

The second class began Monday.



Patty Martin is 542nd Materiel Sustainment Group director.

Services hours for Martin Luther King Jr. Day

Open	Sunday through Tuesday	►Marketing
►Bowling Center, 1 to 6 p.m.	►Base Library	►Nature Center
►Enlisted Club, 5 p.m.	►Base Restaurant	►Officers’ club closed with no Sunday Brunch
►Fitness Center, 8 a.m. to 2 p.m.	►Child Development Center	►Pizza Depot, Sunday and Monday
►Flight Line Kitchen, 24 hours	East and West	►Resource Management Office
►Golf Course, 7 a.m. till dusk	►Equipment Rental Center	►Robins Japanese Grill
►Lodging, 24 hours	►Family Child Care	►Skeet Range
►Wynn Dining Facility	►Flight Line Dining Facility	►Smith Community Center
	►Food Service Office	►Teen Center
	►Honor Guard/Mortuary Affairs/Readiness (answering machine checked every two hours)	►US Veterinarian Services
	►Human Resource Office	►Wood Hobby Shop, Jan. Monday and Tuesday, (safety class will be held Wednesday)
	►Information, Tickets and Travel	►Youth Center

SOUTHEASTERN MILITARY ATHLETIC CONFERENCE (SEMAC)

MEN’S BASKETBALL REGULAR SEASON STANDINGS (As of Jan. 9)

TEAM	CONFERENCE			OVERALL		
	W	L	PCT	W	L	PCT
MOODY	12	4	.750	14	6	.700
TYNDALL	11	5	.688	14	7	.667
ROBINS	9	5	.643	10	7	.588
EGLIN	8	6	.571	9	10	.474
MAYPORT	5	11	.313	6	13	.316
HURLBURT FIELD	5	11	.313	5	11	.313
MACDILL	5	11	.313	5	11	.313

MEN’S SCORES (JAN. 7-8)

GAME 1

*Robins 98, Tyndall 90 (OT)
Moody 95, *Hurlburt 73
*MacDill 79, Eglin 76
Mayport, bye

GAME 2

*Robins 72, Tyndall 56
Moody 94, *Hurlburt 91
*MacDill 54, Eglin 52

* - Home Team

MAKEUP GAMES (SATURDAY AND SUNDAY)

Tyndall at Moody
Eglin at Robins
Hurlburt at MacDill

WOMEN’S BASKETBALL REGULAR SEASON STANDINGS (As of Jan. 9)

TEAM	CONFERENCE			OVERALL		
	W	L	PCT	W	L	PCT
ROBINS	11	1	.917	13	1	.929
EGLIN	8	2	.800	9	6	.600
FORT BENNING	7	5	.583	7	5	.583
TYNDALL	7	9	.438	7	9	.438
MOODY	3	9	.250	5	11	.313
MAYPORT	0	10	.000	0	12	.000

WOMEN’S SCORES (JAN. 7-8)

GAME 1

*Robins 94, Tyndall 37
*Fort Benning 2, Moody 0 (F)
Eglin, open

GAME 2

*Robins 104, Tyndall 38
*Fort Benning 2, Moody 0 (F)
Mayport, bye

* - Home Team

MAKEUP GAMES (FRIDAY THROUGH MONDAY)

Eglin at Robins
TBD: Mayport at Fort Benning and Fort Benning at Moody

Civilian employees make great gains on weight loss goals

By **HOLLY L. BIRCHFIELD**
holly.birchfield@robins.af.mil

While some people are still pondering the thought of losing a few pounds in the New Year, Chris Lawless and Kelsie Fox are celebrating their new looks.

Mr. Lawless and Ms. Fox, electronic engineers with the 402nd Maintenance Wing’s Electronic Warfare Division, have collectively lost almost 200 pounds since the beginning of 2005.

How did they do it? – Through exercise and a sensible eating plan.

Mr. Lawless, who has lost 107 pounds since his weight loss journey began in January 2005, said it was a lot of hard work, but his results were well worth it.

“I was sitting in the Commander’s Call in November 2004 and Maj. Gen. (Mike) Collings (Center commander) was talking about the new civilian fitness program,” he said. “At the time, I was looking for some new pants, but I couldn’t find any in my size. After hearing about the new fitness program, I decided to forget trying to find my size and decided to lose weight.”

The 24-year-old Georgia native bought a treadmill, turned his cravings for junk food in for healthier cuisine and ran from a size 48 to a size 34.

“When I started, I couldn’t even do 1.7 miles in 30 minutes,” he said. “Now, I’m up to 3.5 miles in 30 minutes, with a 2 percent incline.”

Now, the avid runner jogs six miles a day.

To reach his weight loss goal, Mr. Lawless trashed his habit of downing more than a dozen soft drinks a day and said goodbye to his old eating ways.

“No more sodas,” he said. “Now, I drink fat free milk and lots of water. I also make sure I get breakfast every day.”

The engineer said he enjoys the new and improved person he

has become.

“I feel fabulous,” he said. “The belt that I had used to have about half an inch overlap in front of me now it goes all the way behind me.”

Mr. Lawless said his weight loss required a total life change.

“It’s a two part thing,” he said. “You can’t just have the exercise. You also have to have the food and the way you live your life all at the same time to lose the weight and get healthy.”

While some may think the battle of the bulge is impossible to win, Mr. Lawless said it’s not a far-fetched goal.

“I did this all by myself,” he said. “I didn’t go on any particular program. I just made up my mind and did it.”

Mr. Lawless, who is now using the Base Gym and home workouts as part of his weight loss program, said setting realistic goals will help in the process.

“Say to yourself, I’m going to try this program of exercise and eating right for this amount of time and then measure yourself to see how you’re doing,” he said.

Although he faced a few challenges with proper diet and exercise, he said he is still on the road to reaching his 180 pound goal.

“Once you get started with it, you get addicted to feeling that good,” he said.

Along with shedding pounds, Mr. Lawless said lowered blood pressure and cholesterol has given him a new lease on life.

And Ms. Fox, who recently lost 77 pounds by joining Weight Watchers and incorporating exercise into her lifestyle, is doing a little celebrating as well.

“When I saw a previous Christmas picture from 2004, I decided it was time to change,” she said. “I went to my first Weight Watchers meeting and felt that I could do it from there.”

Through encouragement from family and her determination to make eating healthier and exercise a priority, the 24-year-old

engineering professional made a change that she says will last a life-time.

“Sometimes I’m tempted to go back to my old ways,” she said. “But then I look at that picture of me, and I know that I don’t ever want to go back.”

Ms. Fox said before, she couldn’t keep up with her friends during outings. But now that she’s walking about 4 miles a day and eating more fruits and vegetables and less of unhealthy foods, she can easily hang with her friends.

“If I can do this, anyone can,” she said. “When I started, I didn’t like fruits and vegetables. Now, I absolutely love them.”

With only 25 pounds left to lose before reaching her goal weight, she can now see the light at the end of the journey.

While Ms. Fox admits losing weight isn’t a light task, she said making fitness fun and taking your weight loss journey one step at a time can help you be successful.

As more people are looking for ways to shed pounds and get fit, Phil House, Civilian Health Promotion Service Program

WHAT TO KNOW

If you have ideas for how to make fitness more fun, contact Phil House, Civilian Health Promotion Service Program manager, at phillip.house@robins.af.mil.

manager here, said Robins is looking at ways to help people win at the losing game.

“We’re working on developing fun ways to lose weight, like walking programs and other activities that people can take advantage of,” he said. “The whole idea behind this program is to get rid of all the excuses people use to not exercise, like ‘it’s boring or I don’t have time.’”

Mr. House, who has lost 35 pounds within the last year, said he’s proud of the progress Ms. Fox and Mr. Lawless have made, and he encourages others to take steps toward their weight loss goals.

Editor’s note: Mention of Weight Watchers in this article does not imply federal endorsement.



Courtesy photo
Chris Lawless shown before losing weight.

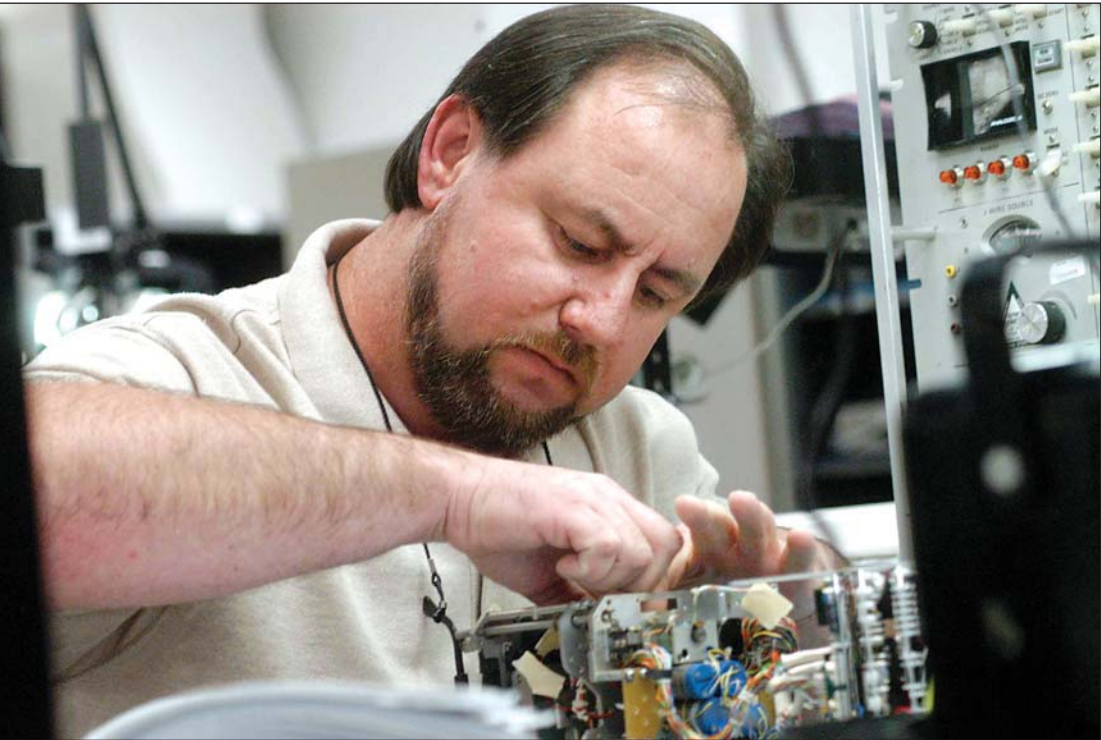


U.S. Air Force photo by **SUE SAPP**
Chris Lawless lost 107 pounds through the Civilian Health Promotion service.



Courtesy photos
Kelsie Fox before her weight loss (left) and after losing 77 pounds through diet and exercise.

All in a day’s work



U.S. Air Force photo by SUE SAPP

RICHARD RAY
Electronics Technician
Gyro Shop
MIBGF

“I’m working on a flight direction indicator that goes in the cockpit of the C-130. It’s a directional indicator that allows the pilot to know the degree of banking and also altitude from the ground. The units are taken out in the field and sent to Robins. Sometimes they describe what the problem is but sometimes we have to determine the problem. We do maintenance and troubleshoot any problems that may occur and test the units before sending them back out. We follow all quality and safety requirements in the repair. You have to wear electrostatic discharge (ESD) straps to prevent damage to the electronic components.
“My dad worked here for 30 years as an electrician, so that led me to Robins. I love my job. I like the lab and bench work; the analyzing and troubleshooting. I take pride in my job and believe in hard work. I don’t necessarily work according to the clock. I like to be as productive as I can and finish the job. I work with good people. We have people with all kinds of different personalities on our line but we’ve all molded into a type of family.”

► IN BRIEF

CUSTOMER SURVEY AVAILABLE SOON

The annual Air Force Customer Feedback Survey will be delivered soon to Robins and given randomly to individuals throughout the base. The survey is used to measure customer satisfaction, quality of service, quality of facilities, quality of equipment and materials, value for price paid, and an overall assessment of at least 20 of the division’s major programs.
This survey is easy to complete, has a self-addressed envelope and requires no postage. Customers who take the time to answer the survey provide input that will have a major impact on future Services programs. The survey data is presented in a software program and by using it, managers are able to enhance programs, improve service, and make optimal use of their resources to benefit Services customers.
Customers wanting more

information on the survey may call Services Marketing at 926-5492.

LIVE FIRE TRAINING HELD

The 78th Security Forces Squadron conducts live fire training at the base firing range, located on the northeast side of the base, adjacent to the horse stables.
The firing range is off limits to all personnel, unless scheduled for training or official business. Nearby housing residents should warn children of the hazards of playing near the area. The ranges are clearly marked with signs and a red flag during weapons firing. Also, night-fire is conducted throughout the year.
For more information, call the 78th SFS Combat Arms section at 926-5031.

VOLUNTEERS NEEDED

The Air Force is looking for volunteers to fill one-year extended deployments. Personnel from almost every career field are needed to fill these war-time

positions. If the Air Force does not receive enough volunteers, Air Force Personnel Center will identify the most eligible non-volunteers. Personnel have the option to request a follow-on assignment or elect to remain at their home station upon return from the extended TDY, manning permitting.

To volunteer for one of the enlisted positions log onto Assignment Management System through the AFPC homepage at www.afpc.randolph.af.mil and select AMS Login. Officers should contact their AFPC Assignment Team.
More information is available on the AFPC website at www.afpc.randolph.af.mil/afas/extendedtdys/extendedtdy.htm>. Those interested may also contact the AFPC POC at DSN 665-4273.